



Photo by Pvt. 2 Terri Rorke

Like playing in the mud?

Two local national workers load mud on a truck in an effort to clear a road Tuesday. Local nationals work on the base daily by helping out the civil engineers with various construction jobs.

CSC provides essential services

Pfc. Debralee P. Crankshaw
11th Public Affairs Detachment

BAGRAM, Afghanistan – “From a historical perspective, some of the highest number of evacuations during previous conflicts including World War II, Vietnam and the Korean conflict, were as a result of stress casualties. The stresses of operations other than war tend to be even more significant and more difficult for soldiers to deal with,” said Cpt. Scott Babe, psychiatrist, combat stress control, 1835th Medical Detachment, Denver, Colo.

To ensure these evacuations are now kept to a minimum, there is a combat stress control unit here.

“Our primary goal is stress prevention and keeping people here to do their job,” said Babe. “We are an all-purpose mental-wellness clinic.”

Combat stress control here offers command consultations, command referrals, grief counseling, training and briefings. The briefings include suicide prevention, post-traumatic stress disorder, stress management, anger management, smoking cessation and alcohol and drug counseling.

“In our clinic, our primary services are assessing the level of stress among different units and providing consultations to commands and soldiers in dealing with the stress they experience here. A lot of that is done informally – being present at command level,

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‘All American’ feels privileges were earned

By Master Sgt. Pam Smith
CTF-82 PAO

BAGRAM, Afghanistan — To soldiers serving in a combat zone, care packages are often a lifeline to home. Cookies, candies, heartfelt letters, photos and toiletries let them know they’re not forgotten and their sacrifices are not taken for granted.

When Sgt. 1st Class Ed Roderiques, Coalition Task Force-82 Division Tactical Command Post noncommissioned officer in charge, opened a care package from a middle school

class in Tawas, Mich., he never imagined how deeply he’d be affected by that one box.

Roderiques, an electrician when he’s not doing his reserve duty with 82nd Airborne Division Detachment, a reserve unit based at Fort Bragg, said it had always been his dream to write something and have it printed. “I took some journalism classes at the University of Massachusetts Dartmouth and I used to keep a journal,” said the Fairhaven, Mass. native.

“I’ve just never found a topic that really inspired me.” His inspiration came in that box.

“I brought the box of goodies and letters

back to share with my coworkers,” Roderiques said.

The package came from seventh graders in Tawas who started a program called “Boodles For Troops.” They put together care packages and letters and sent them to soldiers deployed overseas.

“After passing out the cookies and treats, I took a small stack of letters for myself and sat down to write some thank you notes to the group.”

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World News (Compiled from CNN.com)

Rumsfeld: War 'not inevitable'

WASHINGTON — Defense Secretary Donald Rumsfeld Wednesday outlined three scenarios that could avert a war against Iraq: Saddam Hussein leaves voluntarily and is followed by new leadership that abides by international law; Saddam leaves involuntarily; or Saddam adheres to U.N. resolutions.

How realistic are any of those possibilities?

"Only time will tell," Rumsfeld told reporters during a Pentagon briefing.

Rumsfeld made his comments as the Bush administration worked on a second U.N. resolution that would declare Iraq in material breach — a move that, if passed, could result in military action.

The United States is continuing to beef up forces in the Persian Gulf region, with 181,000 troops already there and more en route.

The White House has said a second Security Council resolution would be helpful, but it does not think one is necessary. British Prime Minister Tony Blair has made clear in public comments and private consultations with the White House that he believes a second resolution is imperative.

The drafting of the resolution comes against an increasing wave of international criticism, calling for the Iraq issue to be dealt with by the United Nations. Antiwar protests, both in the United States and overseas, have intensified in recent weeks.

Iranian plane crash kills 302

ZAHEDAN, Iran — A military plane carrying 284 members of Iran's Islamic Revolutionary Guard and 18 crew members crashed Wednesday night in southeastern Iran, officials said. All 302 people onboard were confirmed dead.

Ali Moradi Haqiqi, police chief of the Sistan-Baluchestan province, said the crash occurred in a mountainous region in bad weather, about 20 miles short of the Kerman airport.

Rescuers at the crash site confirmed the fatalities, the Islamic Republic News Agency told The Associated Press.

The Russian-made Ilyushin aircraft had



departed from Zahedan, near the border with Pakistan, for what was to be a 45-minute flight.

It's not known exactly what the Islamic Revolutionary Guard was doing in that area, which is known for its difficult borders and problems with drug lords.

Haqiqi said search crews have been dispatched to the region, where local villagers reported hearing a loud explosion around the same time the plane disappeared from radar, at 9:15 a.m. EST.

A provincial governor said the pilot's last words to the Kerman tower were, "I'm trying to approach the airport, maybe the weather conditions will get better."

Strong winds were reported in the region at the time the plane disappeared from radar.

Ridge launches terror preparedness campaign

CINCINNATI, Ohio — U.S. Homeland Security Secretary Tom Ridge on Wednesday stressed the importance of people being prepared — instead of panicking — in the event of a terrorist attack, and he urged the American public to take simple steps to protect themselves and their families.

"The threat of terrorism forces us to make a choice. We can be afraid, or we can be ready," Ridge said during a speech at the American Red Cross chapter in Cincinnati to announce the nationwide "Ready Campaign."

The campaign includes a Web site, broadcast media and print ads and a 1-800 number with information on what people should do to prepare for a possible attack.

"An emergency is not the time to plan; it's the time to react, so be informed," Ridge said. "The actions you would take in a conventional attack may be counter-productive if you took them in response to a different kind of attack."

Ridge urged people to put together an emergency kit stocked with a three-day supply of food, flashlights, batteries, medicines and other supplies — including duct tape and plastic sheeting to seal windows and doors in case of chemical attack.

'Citizens in Iraq should depart'

WASHINGTON — With the threat of war looming, the State Department urged all Americans Wednesday "to avoid travel to Iraq" and advised Americans there to leave.

"Foreigners present in Iraq have in the past been used as 'human shields' by the regime during periods of confrontation with the international community," the travel warning says. "There are credible reports that foreigners may face the risk of kidnapping in Iraq."

In recent weeks, the State Department has warned U.S. travelers to be cautious around the world with specific warnings for Saudi Arabia and Kuwait. Those warnings have not advised U.S. citizens to leave any countries, only to seriously consider increased risks.

The State Department said it recently closed the U.S. Interests Section in Baghdad, eliminating consular services. After the U.S. Interests Section closed, other embassies and consulates also closed.

"U.S. citizens in Iraq should depart," the warning says. Wednesday's travel advisory replaces one released two weeks ago.

The advisory said conditions in Iraq remain "unsettled and dangerous."

"The Iraqi regime's continuing refusal to cooperate fully with U.N. weapons inspectors has led to mounting tension between Iraq and the international community," the warning says.

Critter of the Week: Hedgehog



Long Eared Hedgehog

By Capt. Cory Campora
791st Preventive Medicine Detachment

Long before Punxsutawny Phil started looking for his shadow on Groundhog Day, the Romans observed a similar event thousands of years ago Feb. 2 – Hedgehog Day. There are no hedgehogs in North America so when the occasion was continued in the new world they were replaced with groundhogs. Two species, the long-eared hedgehog and Brandt's hedgehog, may be found in Afghanistan. They live in burrows and mostly eat insects, but in a pinch they will make a meal out of just about anything from fruits and vegetables to small lizards, snakes and mice. They possess sharp spines or quills on their back for protection, but their disposition is generally peaceful and they are rarely aggressive. When encountering a new scent, hedgehogs exhibit a peculiar behavior called "self-anointing" in which they lick or nibble on the source of the smell, make a foamy paste in their mouths, and then spread it with their long tongues in little spots on their quills. Why they do this, no one knows. Because they eat scorpions in addition to insects, hedgehogs are good to have around and should be left alone if encountered.

Bagram Air Base MWR presents

1530Z at the MWR building: "Gone in 60 Seconds." A retired master car thief must come back to the industry and steal 50 cars with his crew in one night to save his brother's life.

Tomorrow's movie will be "Blue Crush."



Local weather

TWO-DAY REGIONAL WEATHER FORECAST:

	<i>Today</i>	<i>Friday</i>
Bagram:	Mixed rain/snow H: 45F L: 27F	Mixed rain/snow H: 41F L: 27F
Kandahar:	Scattered showers H: 48F L: 35F	Rain H: 50F L: 32F
Kabul:	Scattered showers H: 46F L: 25F	Rain H: 45F L: 28F
Uzbekistan:	Mostly cloudy H: 54F L: 38F	Rain H: 58F L: 39F

Weather forecast courtesy of the Bagram Combat Weather Team

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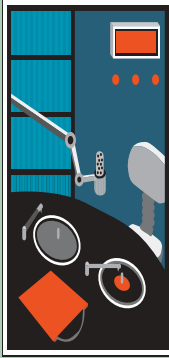
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Armed Forces Network Radio Stations



National Public Radio

105.7FM

Power Rock (music & news)

107.5FM

AFN Europe (news, talk radio & music)

103.1FM



Photo by Pvt. 2 Terri Rorke

Meeting the chairman...

Chairman of the Senate Armed Services Committee, Senator John Warner (R) from Va., center, visited troops at Bagram Air Base Wednesday to address questions. The senator visited military members here and at Kabul.

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being known, being available and providing information,” said Babe.

Babe explained that sometimes supervisors will have difficulty dealing with a particular person, and often will bring that person in for an evaluation.

But sometimes, leaders will ask for assistance with how to better deal with that person, how to better get their mission accomplished since their communication or their interactions haven’t been going well, he added.

The clinic also has another role.

“A secondary part of our job is functioning as a neuropsychiatric clinic where if things absolutely can’t be treated in theater we diagnose, evaluate and decide whether people will be evacuated,” said Babe.

The services the clinic provides have allowed them to keep most of the people they’ve seen in theater, he added.

In addition to its other functions, combat stress also provides psychological screening for soldiers redeploying back to the states.

“This is to hopefully catch soldiers that

are having problems prior to them redeploying,” said Babe.

Combat stress is in a lull right now. Previously, they would have eight to 10 contacts a day. Of these contacts, some would be brief evaluations, while some would be one-hour sessions. In addition, they provide redeployment surveys. Last month, over 600 surveys were completed.

The contacts the clinic have are generally servicemembers who see a problem and want to resolve it.

“A majority of the servicemembers are self-referrals — the person is having difficulty at home or with leadership, any number of things and they come in for an evaluation. We would much prefer a person comes in before the command gets to the point of sending them. There are a lot of things we can do to assist the individual soldier and the command in making the experience tolerable,” said Babe.

Combat stress tries to make servicemembers’ experience here tolerable, but Babe sees depression as a major problem.

“A majority of the problems soldiers have here have to do with the stress of being away from family and being in this environment.

Depression is fairly common,” said Babe. “The amount of communication to home — the internet and telephones are great for the morale, but what we see as a result of that is soldiers will lead a double life — managing their lives here, but also trying to remain as involved and take care of everything at home. That’s incredibly difficult and causes a lot of problems and depression.”

According to Babe some people won’t visit the clinic because of their ideas concerning mental health.

“Many people have fears of mental health providers or of mental health in general because there is such a stigma. Our experience is when people come in and ask for the help, we can do a tremendous amount of things for them that result in positive changes, both for their military careers and for their lives,” said Babe.

“We don’t want people to be afraid of coming and seeing us,” he added.

Another common misconception is mental health tries to get rid of problems.

“People are always saying, ‘my problems are still going to be there.’ We don’t take problems away; we just help you to deal with them,” said Babe.

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The letters he chose to respond to were from three teachers – all English teachers.

“Imagine my trepidation at writing to English teachers,” the 37-year-old infantryman said. But the budding writer stifled his hesitation and sent thank you letters to the teachers. His gesture started a fast friendship with them and drew the interest of the students as well. Soon they were corresponding through email.

Roderiques sent one of the teachers a slide presentation showing his unit’s trip to a girl’s school in a small village in Afghanistan. The show depicted the harsh living conditions in Afghanistan and how it is a privilege for young girls to attend school. He said he originally designed the slide show for his wife of 10 years, Ana, to show her some of the things he’d only been able to describe in emails up until that point.

Stacey Mochty, a seventh grade teacher, played the slide show for her class. The show generated nearly a hundred questions from the curious children.

Most wanted to know if soldiers could watch TV, read books and take showers. Others wondered if they had ever been shot at or had shot anyone else.

But it was a comment from Mochty in a follow up email that spurred Roderiques to begin his quest to write.

Mochty thanked Roderiques in the email and expressed guilt at having so much while seeing pictures of a country that has so little. She wrote, “It’s wonderful that you guys are over there helping them,” she said, adding “Again, it’s another “slap in the face” as to what we have and they don’t.”

In Mochty’s comment, Roderiques had found a topic that touched him deeply, so he responded.

“My fingers were burning up the keyboard as I drafted a response to her,” Roderiques said.

“I know there are people in America who are ashamed of the quality of life that we are blessed with when compared to countries like Afghanistan. This really upsets me.”

He said the reason it upsets him is because he feels we have no reason to apologize

or feel guilty for our prosperity, but we do, however, have every reason to be thankful.

Roderiques quantified his beliefs.

“Our prosperity has been hard fought for and won. Generations of Americans have struggled and labored and suffered and died to give us the freedoms we enjoy. We continue that today to maintain our way of life so that those who come after us can continue to enjoy the fantastic quality of life that we were given.”

He also relayed the story of the 82nd Airborne Division paratroopers who were then engaged in the heaviest fighting in Afghanistan since Operation Anaconda back in March 2002.

“I know some of those guys up there. They are there in an obscure mountain range dotted with caves doing the unenviable task of destroying other human beings who, if allowed to continue to exist would certainly work to destroy us,” Roderiques said.

Roderiques couldn’t expound on the details of the mission for operational security reasons, but he did emphasize that the job the soldiers did was phenomenal.

And he offered some insight for Mochty’s students. “Now, those kids of yours in your class who tend

to snivel, whine and complain, talk to them about the 18-year-old paratrooper who air assaulted into an unknown landing zone in the middle of the night laden in body armor, if he’s a machine gunner, carrying a weapon that weighs over 18 pounds, looking through night vision goggles and carrying plenty of extra ammo and water. If he had particularly good foresight he brought his poncho liner with him in his assault pack. During the long lulls while he and his gun team were hunkered down behind that gun, pulling security and scanning their sector, the lack of movement allowed the cold to chill their bones.”

Roderiques concluded saying, “So you see, our freedoms and prosperity and unlimited opportunities are nothing to be ashamed of because they have been earned by the blood, sweat and shivering of those who chose to step up and answer the call. America is no accident. It’s as deliberate as the most



Roderiques

well planned military operation and it must be appreciated.”

Mochty’s response surprised Roderiques. He thought that his diatribe might have gone too far.

Mochty replied, “It’s funny that you wrote back about being published! I was telling my fellow colleagues and students how talented of a writer that you are. You are so insightful! And, you have such a wonderful grasp at the history of their country and insight into a soldier’s battles, thoughts, and life. A book written by you would be wonderful, and I mean that. You really got our hearts the last time about the soldier fighting in the cold.”

Roderiques said he plans to expand on his patriotic-themed comments and would eventually like to submit his writing to veteran’s magazine in hopes that his work will be published.

“First and foremost, I am an American. I believe in American values, family, loyalty and honesty,” he said.

Roderiques comes from a long line of American tradition. He had four uncles who served in the Army and one who served in the Marines.

I think I identify most with Tony, who served in the 38th Infantry Division, in the Army in WWII. He was a real tough guy. He added that there have been many others who have touched his life such as coaches and other military leaders.

Roderiques’ coworkers said he inspires them as well.

“He looks after his troops,” said Sgt. Kyle Peterson, a Division operations battle NCO, who works with Roderiques. “He is a super noncommissioned officer and always offers to help. He is a true patriot.”

“First and foremost, I am an American. I believe in American values, family, loyalty and honesty,”
 - Sgt. 1st Class Ed Roderiques



Coalition Sports Zone

National Hockey League (Compiled from ESPN.com)

Lalime ready for playoff noise?

ESPN — It was one of those transactions that slid under the radar back on a late spring day in 1999, lost somewhere between another spoonful of cereal and a bite of toast.

Who would notice a transaction on the agate pages of the morning paper in which the biggest name was journeyman Ted Donato and the others a goaltender who had been buried in the minors and a prospect who wound up being notable only for his name?

The trade saw Donato and the rights to Antti-Jussi Niemi go from the Ottawa Senators to the Anaheim Mighty Ducks for a goaltender who had spent the previous two years in the International Hockey League. But while the two skaters linger in agate type, the goalie — Patrick Lalime — has moved to the headlines.

The 28-year-old from St-Bonaventure, Quebec, is now getting consideration for the Hart and Vezina trophies and helps lead the Senators into New Jersey tonight for a key Eastern Conference matchup.

Lalime already has matched last year's output of 27 wins and still has a chance to improve on his career, single-season mark of 36 set two years ago. He is tied for the league-lead in shutouts this year with seven and ranks in the top 10 in all the other meaningful goaltending categories.

But there is one area in which Lalime lags seriously behind some of his peers. The only thing Lalime stops easier than a puck these days is a conversation. It's not that the Senators goaltender is surly, self-absorbed or, in the very annoying style of many professional athletes, talks about himself in the third person.

He doesn't talk about himself in the first or second person, either.

"I just try to do my best," he said yesterday. "Sometimes it works better some nights than others."



Patrick Lalime has seven shutouts this season — five since Jan. 1.

Philadelphia now 0-3-1 vs. New Jersey

PHILADELPHIA — Jeff Friesen's goal with 4:45 left lifted the New Jersey Devils to a 2-2 tie with the Philadelphia Flyers on Tuesday night.

John Madden also scored for Atlantic Division-leading New Jersey, which had lost three of five.

Donald Brashear had a goal and assist, and Keith Primeau also scored for Philadelphia, which is 0-3-1 against the Devils this season.

The Flyers are unbeaten in their last three (1-0-2) after consecutive shutouts last week.

Roman Cechmanek stopped 34 shots for the Flyers, including two stops on a breakaway by Michael Rupp in the final seconds and a sprawl-

ing, belly-flopping save on a shot by Friesen during a power play by the Devils early in the third.

Martin Brodeur made several outstanding stops among his 25

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2002 National Hockey League standings

Eastern Conference

Atlantic

(2) New Jersey	59 pts
(4) Philadelphia	59 pts
(7) N.Y. Islanders	58 pts
N.Y. Rangers	63 pts
Pittsburgh	59 pts

Northeast

(1) Ottawa	61 pts
(5) Toronto	59 pts
(6) Boston	59 pts
Montreal	62 pts
Buffalo	58 pts

Southeast

(3) Washington	61 pts
(7) Tampa Bay	60 pts
Florida	59 pts
Carolina	61 pts
Atlanta	59 pts

Western Conference

Central

(3) St. Louis	60 pts
(4) Detroit	59 pts
Chicago	60 pts
Nashville	58 pts
Columbus	58 pts

Northwest

(2) Vancouver	59 pts
(5) Colorado	58 pts
(6) Minnesota	60 pts
(8) Edmonton	59 pts
Calgary	61 pts

Pacific

(1) Dallas	60 pts
(7) Anaheim	59 pts
Los Angeles	59 pts
Phoenix	58 pts
San Jose	59 pts

SPORTS, from Page 6

saves. He made two saves on point-blank shots by Chris Therien in overtime, robbed Primeau with an off-balance kick save on a backhand early in the second, and stuffed Michal Handzus later in the second.

Friesen got the tying goal after getting the rebound off a shot by Jamie Langenbrunner, and wristing it past Cechmanek for his 15th goal.

Brashear gave the Flyers their first lead against the Devils in more than 266 minutes when he lifted a shot over Brodeur, off the right post and in for a 2-1 lead 6:34 into the second period.

Brodeur withstood a flurry of shots by the Flyers early in the second, but couldn't control a rebound off a slap shot by Eric Desjardins. It went right to Brashear, who scored his sixth goal and second in two games.

The Flyers, who trail New Jersey by five points, have eight goals in their last three games after scoring eight in their previous nine.

Roberts reaches new deal

TORONTO — The Toronto Maple Leafs signed left wing Gary Roberts to a one-year contract extension Tuesday night.

Roberts was in the Toronto lineup Saturday for the first time this season following surgery on both shoulders. He got his first point of the season Tuesday night, assisting on Alexander Mogilny's goal in the Maple Leafs' 4-3 victory over the Carolina Hurricanes.

The 36-year-old Roberts was in the final season of a three-year contract that paid him \$2.5 million for 2002-03. He would have been eligible for free agency July 1.

"I'll take things one year at a time," Roberts said, and he didn't rule out staying with the Leafs beyond next season. "If my health hangs in there, I'll try to play until I'm 40."

Monetary terms of the extension were not divulged.

Roberts had 21 goals and 27 assists last season. He also had 19 points in 19 playoff games. He has 345 career goals in more than 900 games with Calgary, Carolina and Toronto.

Amonte nets first goals since Jan. 1

PHOENIX — After a shutout loss to New Jersey last week, the Phoenix Coyotes vowed to put more effort into their remaining games.

Nobody took the pledge more seriously than Tony Amonte.

The struggling right wing had two goals as the Coyotes won their third straight, beating the Columbus Blue Jackets 5-2 on Tuesday night.

"We just went out and tried to be a little more physical tonight — stay on the body and get in front, bring the puck to the net as best we could," Amonte said.

The Coyotes have bounced back from a season-high four-game losing streak to climb into a tie with idle Nashville for 11th place in the West, 10 points out of the final playoff spot.

Mike Johnson and Ladislav Nagy each had a goal and an assist, and Brad May also scored for the Coyotes, who led 3-1 after one of their best opening periods this season.

"A lot of times you can win games in the first period as opposed to the third period," Phoenix coach Bob Francis said.

Brian Boucher remained unbeaten against the Blue Jackets (3-0-2). This time, he faced just 16 shots, allowing power-play goals by David Vyborny and Mike Sillinger.

Columbus goalie Marc Denis gave up five goals for the second straight game as the Blue Jackets dropped their second straight after a 4-1-2 run. He had 14 saves in a 7-1 loss to Chicago on Saturday, and stopped 30 shots by the Coyotes.



Amonte

Black History Month

February is Black History Month. In light of all the accomplishments made by African-Americans, every day this month the *Freedom Watch* will highlight an individual.

Samuel Elmer Imes, *chemist, physicist*

Born: Oct. 12, 1883 **Birthplace:** Memphis, Tenn.

In 1918, Samuel Elmer Imes became only the second African American to earn a doctorate in physics. His dissertation broke new scientific ground, presenting a new form of research, that fundamentally changed quantum theory. In discovering how to determine molecular structure through high-resolution infrared spectroscopy, particularly, measuring the distance between atoms, Imes proved that quantum theory could be applied to all things at the molecular level. He served as head of the Physics department at his alma mater, Fisk University, from 1930 to his death in 1941.

Died: Sept. 11, 1941

"It's a family-size MRE, sir."



kevin_kilgore@hotmail.com

By Kevin Kilgore

Laugh Support